



# Parenting Inside-Out

Sustaining Humanity for  
Incarcerated Parents &  
their Families



# Community Works West

- One Family
  - Project WHAT!
  - San Francisco Children of Incarcerated Parents Partnership (SFCIPP)
    - <https://www.projectavary.org/bill-of-rights>
    - #5 and #6
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5. I have the right to speak with,  
see and touch my parent.



6. I have the right to support as  
I face my parent's incarceration.





# Strengths & Opportunities

## Opportunities

- 
- More natural environment
  - Treated more as a right than a privilege.
  - Seen as a partnership that supports healing, not as a benefit that people take advantage of. Ex. Contact visits as the scapegoat for drugs being present in the jail.
  - Authentic motivation to connect with children.
  - Motivated to care for children once released
  - Buy-in from non-incarcerated parent.
  - Providing tangible supports for the parent who is not incarcerated.
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## Strengths

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- Apply information in real time through contact visits.
  - Sustained purpose that's meaningful – agency over one's legacy = freedom
  - Promotes healthy attachment during a difficult time.
  - Opportunities to process and model healthy coping mechanisms with children.
  - Parenting shows people's humanity
  - Led by an outside organization. Minimal contact/interaction with custodial staff.
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# Parenting Inside Out (PIO) Topics

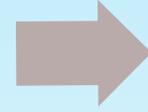
## Week 1: Creating a Collaborative Learning Environment

- Lesson 1.1:  
Getting  
Acquainted
- Lesson 1.2:  
Effective  
Speaking Skills



## Week 2: Communication and Problem Solving

- Lesson 2.1:  
Effective  
Listening Skills
- Lesson 2.2:  
Effective  
Problem-  
Solving Skills



## Week 3: Connecting With Your Child

- Lesson 3.1:  
Bonding  
Through Play  
and Reading
- Lesson 3.2:  
Bonding  
Through  
Emotion  
Coaching

# Parenting Inside Out (PIO) Topics

## Week 4: Child Development

- Lesson 4.1: Introduction to Human Development
- Lesson 4.2: Brain Development

## Week 5: Healthy Families

- Lesson 5.1: Family Meetings and Family Fun
- Lesson 5.2: Building Family Identity

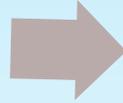
## Week 6: Parenting more than One Child

- Lesson 6.1: Sibling Relationships
- Lesson 6.2: Managing Sibling Rivalry

# Parenting Inside Out (PIO) Topics

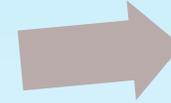
## Week 7: Parenting Children as Individuals

- Lesson 7.1: Nurturing Your Child's Temperament
- Lesson 7.2: Your Child's Love Language



## Week 8: Parenting Through Family Challenges

- Lesson 8.1: The Family System
- Lesson 8.2: Your Values and a Plan for Parenting



## Week 9: Child Guidance

- Lesson 9.1: Directions and Encouragement
- Lesson 9.2: Rules, Rewards, and Consequences

# Parenting Inside Out (PIO) Topics

## Week 10: More Child Guidance

- Lesson 10.1: Time Out and Privilege Removal
- Lesson 10.2: Advocating for Your Children



## Week 11: Parenting Practice

- Lesson 11.1: Reuniting: Your Children and You
- Lesson 11.2: Dealing with Behavior Challenges



## Week 12: Wrap Up and Closure

- Lesson 12.1: Building Healthy Partner Relationships
- Lesson 12.2: Wrap Up and Closure

# Cultivating and Exchanging Ideas

